

Wellness Plans

List your warning signs

- Physical:
- Psychological:
- Social:
- What strategies will you implement if your 7-day average is significantly lower, 15% or more than your 30-day or all-time averages?
- What are your strategies if my 30-day average is significantly lower, 5 to 10%, than your all-time baseline?
- Do you need to do anything now? If so, what?

Your Goals to Improve HRV, Health, and Productivity

- Sleep
- Movement and Exercise:
- Nutrition:
- HRV Mindfulness and Biofeedback:
- Purpose and Values:
- Social Connection:
- Recovery Time:
- Hyperefficiency:
- Professional Development:
- Professional Social Health: